

## Cigarettes, a Great Evil That Should Be Ended

Address By Dr. Anna Ries-Finley, Delivered Before the Congregation of the Baptist Church—City Authorities Should Enforce All Laws for Suppression of Traffic in Cigarettes and Schools and Homes Should Point Out the Injurious Effects of Smoking.

In spite of the fact that eight states have extinguished the light of the cigarette and have passed stringent laws within their boundaries, the consumption of tobacco in the form of cigarettes is steadily increasing.

The west got its taste for cigarettes from the Mexicans. The habit spread rapidly eastward and received a new impetus from the manufacture of Turkish and other imported tobaccos. Six years ago, Wisconsin and Indiana dared to be the first states to pass anti-cigarette laws. Then came Missouri, Nebraska, Illinois, Michigan, Iowa and Minnesota, with similar laws in 1909. None of the eastern states have attempted to do more than prohibit its sale to children under sixteen years. Probably there are more cigarettes consumed in New York than in all the states that prohibit the manufacture or sale.

Approximately six billion cigarettes were smoked in this country last year. This does not include the large number imported. This means about 3000 cigarettes a year for each man and boy, or nearly ten cigarettes a day. There are several million that do not smoke cigarettes, so those that do, have to make up the difference. Legislation against the cigarette has not been brought about directly by the agitation of the reformers who have crusaded against it. Nearly everybody knows that cigarettes accelerate the crop of tuberculosis every year, but men continue to use it. Then business stepped in and began to discriminate against cigarette smokers.

Many railroads barred them from their employ as unreliable. Insurance companies refused to accept them as the risk was hazardous. Business firms did not tell them they must quit smoking, that cigarettes were bad for them—simply gave them the choice between cigarettes and their job, and the call for the job was the stronger, when the stomach was consulted. Outside the states where the cigarette is now barred, in the great cities and smaller ones, too, it has found its way to the dinner table, especially between courses at the evening meal. There is hardly a restaurant in any of the large cities where this practice is not carried out, regardless of how pauperizing it might be to women and these men who do not smoke. It is forced upon the public's likes or dislikes, the same as the drunkard's laden breath, for to some people, tobacco is as distasteful and unpleasant as whiskey without ever being consumed, and if you are, you must say, "No, indeed, I very much like it," or you will be considered prudish.

A large tobacco dealer in New York once was induced to count his different kinds of cigarettes that he carried in stock. He found he had 287 different brands.

A large number of cigarette smokers made their own cigarettes. They either hold them between their fingers or carry little machines in their pockets. Tenement houses kill or make idiots.

The sale of the miniature cigarette for women in New York is practically at a stand still, they taking the common brand. Dealers say that women cigarette smokers are rapidly increasing each year; and too, the cigar storeman will tell you that he has a good many customers, especially toward the holidays. Their business becomes quite a factor, and they say they know how to buy a cigar.

Tobacco seems so far from a woman's sphere of activity that you naturally picture her as being entirely out of her element in a cigar store. They don't use tobacco, i. e., as a rule, and many of them positively dislike the mere suggestion of tobacco, and yet, when they come in to buy they usually show more common sense and fine discrimination than the average man.

The answer is this: woman, by nature, is a better shopper than man. There is an international aspect also, to the anti-cigarette question. Every government in Europe is either considering restricted measures against cigarettes, or have enacted some sort of legislation against them. In England, for instance, it is forbidden to sell cigarettes to children, but they are kept aboard warships to sell to the sailors, although it has been demonstrated that the use of cigarettes is not conducive to, good shooting, or to clear thinking. In this country the navy superintendent is getting ready to put a stop to selling cigarettes to our sailors. They may buy them ashore, but they can not purchase them on the men-of-war.

Cigarette smoking Among Boys. A certain large private school for boys, it was surprising to know of so many boys smoking.

Fifteen per cent of 12-year-old boys; 20 per cent of 13-year-old boys; 33 per cent of 14-year-old boys; 29 per cent of 15-year-old boys; 57 per cent of 16-year-old boys; 71 per cent of 17-year-old boys were either smoking or had smoked recently. This great number is almost unbelievable, but it is based upon facts.

All of these 500 boys were private school boys and supposed to have closer supervision than those going to public institutions, so in the latter it may be higher. If these figures be true, or even if it was only half as large, the problem would be one of serious consideration, especially after one has compared the school grades of the smokers and non-smokers.

The following figures are the grades for the smoker and non-smoker, between the ages of 12 and 17, derived after consulting the above school of 500 boys:

Age 12, 13, 14, 15, 16, 17 years; grade of non-smokers, 82, 80, 89, 84, 87, 85; grade of smokers, 73, 75, 73, 75, 75, 68.

If these figures are right which they doubtless are, there can be no doubt of the injurious effect of smoking upon the mentality of the growing boy. Of course, there are other considerations. The good student is more likely to stay at home than other boys, and it is the other kind of boy, the outdoor boy who is most likely to take up smoking. Generally, too, the boy who stands highest in the

class is not so fond of outdoor sports, as those who rank below them; and again it is the latter type, as much through boyish devilry, as anything, that takes up smoking, thinking that there is something "sporty" about it.

Beginning in this way, however, the sport generally becomes a habit. But even after considering these points, the per cent is too high to be accounted for by such excuses, so that we are driven to the undeniable conclusion, that the effect of smoking upon a boy's mind is very serious, putting his mental efficiency from 12 to 15 per cent below that of the boy who does not smoke. So that we must always find that the boys at the bottom of the class are almost always smokers; that they are generally older than the average of their class; possess less self-control, generally less honest in their work, and hence are usually very troublesome.

There is a vast difference between the boy who is only "slow," but who tries conscientiously to progress and the boy who has dulled his mind by smoking, and cares little whether he advances or not. Of course, there are other habits among boys which tend to make them inefficient and dull, but it is generally found that the boys possessing such bad habits are generally smokers; and students of "Boy Psychology," frequently say that smoking is like to put a boy in such a condition that other and worse habits will be taken up, largely on account of weakened moral stamina.

It is usually said that a boy's smoking is likely to stunt his growth, and it has been found by many physical measurements that the smoker is commonly below the average size for his age. But his growth might not necessarily be interfered with and his mentality seriously suffer, being stupid and dull. Smoking is very liable to stunt something; most probably, the mind and body, as is the most usual case.

Perhaps the laxity of observance of the law which has made such smoking possible, has most to do with the present condition. As has been said, almost every state has some law regulating the sale of tobacco to boys. Generally it is forbidden to boys under 16 years. Ohio, Indiana, Minnesota, have the age much later. The fact is, that if a boy doesn't smoke until he is of age, he is likely to never smoke to excess, if at all; and at any rate, by that time he has nearly completed his physical and mental growth. Generally speaking, such laws as we have are not strictly enforced.

It is only too common in cities like Philadelphia, and New York, to see little chaps of seven and eight years smoking with the air of a grown-up man. The laws themselves might be greatly improved, but if the laws we have were enforced, a great deal of good would be done.

The Physiological Action of Tobacco. Let's begin at the beginning. Does it do any physical good? Arguably in favor of tobacco for any physical reason is baseless. It does not aid digestion, preserve the teeth, or disinfest, and is not a remedy for anything. The only thing it does is to cause mental dissatisfaction. It seems to give one a companionship when he is alone; something to do when he is bored; keeps one from feeling hungry when he is hungry, and blunts the edge of hardship and worry. This sums up the total of the agreeable results of tobacco.

The injurious results, after one has become addicted to the use of it, is always apparent and certain. Every boy knows that the first clasp of the throat makes him nauseated, and no matter how long a man has smoked a little lump of the tar that has collected in the pipe will sicken him. Nicotine is in itself highly poisonous, but is very volatile, and is absorbed only from that portion of the cigar or cigarette which is held in the mouth. One must look for symptoms of slow poisoning, as has already been shown tobacco stunts the growing boy and makes him stupid and dull.

Every athlete knows that it hurts the wind; that it injures the heart by its poison, and prevents it from doing extra work in athletics. It also affects the precision of the eye; causing, in some cases, complete blindness by producing atrophy of the optic or sight nerve. Makes all nerves very unsteady after long use, so that a slight mistake makes him miss, and he knows they can win when they themselves are abstainers and their opponents users. Such a thing as not smoking in excess is rare, and one smoke calls for another.

All drugs, comparatively harmless, such as lead, mercury, and arsenic, produce a highly injurious effect when taken in repeated small doses. Just what effect the use of tobacco engenders, we can not absolutely know, but no physician doubts that smoking may be a factor in almost any disease from which the patient is suffering.

There can be, for instance, no question, that smoke, simply smoke, irritates the mucous membranes of the bronchia tubes, and renders them more susceptible to infection. By irritating the mucous membrane it causes catarrh and leads to deafness by passing up the eustachian tube, inflaming it and excluding its opening for the free passage of air. It is then fair to say that the man that does not use tobacco is not so liable to disease and recovers more readily when he is diseased, or recovers from an operation more readily.

A man begins to feel the harm in middle age, if he has begun after he is past 21 years, and at this time of life, men usually have use for all their vigor and power to compete with his fellow man in the battle for life's daily bread, and it is then that tobacco will reduce his general vigor.

The dominant characteristics of tobacco is the fact that it heightens blood pressure, i. e., makes a man old before his time; the nicotine acts as a narcotic and lessens the connection between nerve cells and the outside world. As a narcotic, it temporarily abolishes anxiety and discomfort by making the smoker care less about what happens to him.

It is a well known fact in medicine that drugs, which in the beginning, lessen nerve action, do finally act as a poison and increase it. Hence, smoking finally causes apprehension, over excitability and muscular unrest. Most excessive smokers are troubled with being unable to sleep. The cigarette smoker almost invariably inhales, and hence his throat and mucous linings of the nose and lungs get the most poison. The tobacco itself is no more harmful than it would be in a pipe or cigar. The cigarette paper is said to be steeped in narcotics such as morphine or opium, but whether it is or not, I do not know, as I have never known of positive tests being made.

If a man inhales a pipe or cigar, he gets more injury simply because he gets stronger tobacco; but a man never does this unless he has begun on cigarettes. Great while or has begun on cigarettes. Because of the shortness, cheapness, and convenience, he lights a cigarette, throws it away and gets another. This spasmodic process, constantly repeated, increases the smoker's restlessness. Virtually all boys that smoke start with cigarettes. Though a boy's stomach grows tolerant of nicotine to the extent that it will take it without protest, the rest of his body keeps on protesting, especially his heart and nerves.

Tobacco, by bringing about a depreciation of nerve cells increases restlessness, lowers vitality and causes the boy to want to travel the road of least resistance. As has been said, the boy usually smokes in the worst way he can, by using cigarettes. How is his father going to stop it? We all know what force a recommendation of a hair tonic has when it comes from a bald-headed barber. A man can not expect to have influence with his son when he advises him to do a thing he is doing. His father is his ideal, and he knows that his father is just the right kind of a man and does the right thing, hence how can he advise?

Tobacco will injure a boy more than the man, but it injures the man at all times through his life. To tell a boy not to do what he constantly sees in his father do, is advice too absurd to need serious consideration. To breathe smoke laden air is to absorb some of the nicotine—cases even of mild poisoning, such as getting sick at one's stomach, is an example of the alone still when one smokes upon the public he sees a man, woman, or child, and you must submit gracefully; when the offender should be classed as a nuisance and removed from other persons' company.

There is a story told of an opium smoker who had two dogs, a black and tan, that he kept in the room while he was smoking. After a while they became so accustomed to it that they exhibited no signs of the opium. The man, at all times through his life, to tell a boy not to do what he constantly sees in his father do, is advice too absurd to need serious consideration. To breathe smoke laden air is to absorb some of the nicotine—cases even of mild poisoning, such as getting sick at one's stomach, is an example of the alone still when one smokes upon the public he sees a man, woman, or child, and you must submit gracefully; when the offender should be classed as a nuisance and removed from other persons' company.

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## Woman's Page

### How to Fight the High Cost of Living

Attractive Suggestion For Bridesmaid's Luncheon—Novel Linen Shower—Bride-to-Be Given a Gay Surprise—Care of the Skin—Imperial Icing With Other Suggestions.

#### BRIDESMAID'S LUNCHEON

Here is an attractive suggestion for a bridesmaid's luncheon. Do you not think the table decorations quite clever and the menu very tempting? An invitation for this delightful luncheon, given by a prospective bride to six of her girl friends, came in the form of a summons from Dan Cupid, bidding me be present, without fail, at the appointed hour, to learn important news concerning the wedding day. The "important news," as we found out on reaching the luncheon table, was a request for each of us to serve as the bride's attendants at the great event.

It was a charming surprise, and the table decorations cleverly "let the cat out of the bag." For a center piece we found a low moss covered box bearing a heart shaped frame of cardboard covered with gold paper, and stepping through it a little flaxen haired doll dressed exactly after the design the bride had planned for her attendants—gown of soft white mull, small hat with mull ties, and a great shower bouquet of crimson ranunculus. At each corner was placed a miniature "bride's bouquet" of the ranunculus and attached to it on a gold cord the place cards, bearing the name and the word "bridesmaid" in gilt letters.

Sprigs of the spiky little red roses were scattered all over the white cloth and this menu carried through it touches of crimson in the various dishes:

Pitted fresh cherries with powdered sugar. Chicken loaf.  
Cream dressing. Hot butter beets.  
Finger rolls. Currant jam.  
Stuffed red tomatoes.  
Strawberry float with lady fingers.

We sat long at the table, of course, talking over hats and gowns and rehearsing at the church. Then we were given little gilt edged cards with pencils attached and allowed a short space of time to prepare a list of well known stories in which a bride and groom had figured, naming the couple if possible. Romeo and Juliet appeared of course, and David Copperfield and Dora. The holder of the

longest list was awarded the little bridesmaid doll that had graced the luncheon table.

#### NOVEL LINEN SHOWER

A novel linen shower was given a bride to be recently in the form of a county fair.

The invitations requested each guest to bring some article of linen and to wrap it in a newspaper. The guests were taken to a large tent on the side lawn which was divided into five smaller rooms. The large tent was labeled "The Pike."

On entering the guests placed their packages on a small table. This paid their admission to the "grounds," where everything was free for one evening. The grounds were decorated with flags, bunting and Japanese lanterns, which were lighted as it grew darker.

The attractions along the Pike were Madame the Celebrated Pairing, the aquarium (a tub of water with celluloid fish floating in it), ice cream, lemonade, popcorn, and peanut stands. Souvenir canes could be had by singing the chorus of some popular song. The guests were taken into another part of the tent to the fish pond, where they received packages containing a simple lunch and tickets to the ice cream and lemonade stands.

After lunch the hostess announced the auction sale of Farmer Cornutusel. A platform had been raised and on this stood the auctioneer holding the packages brought by the guests. These were for sale, he said, and could be bought by doing a stunt. All packages were sold and resold amid much laughing. The bride to be was then called up to the platform and was told she could keep every package she would do a stunt for. The guests went one at a time and opened their packages and presented them to the bride to be while she laughed, danced, and sang.

She was a surprised girl when she saw the towels, napkins and tablecloths, as she thought it was just a party given by the hostess instead of a shower.

The evening closed with a visit to the moving picture tent.

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the worst feature of it; and not to smoke has its social disadvantages. Many men were prejudiced against smoking until they went to college; there they found themselves "out of it" because they did not smoke. More than that, they found that the smoke of social gatherings irritated their eyes and throats, and thought by smoking, they might and other people has smoke less annoying.

Do you wonder that few women smoke? The wonder to me is that more don't smoke. Some do say they rather like the smell of a cigar. They, the same as the boy, have been prepared for it by the men folks. It is the social feature that attends the acquiring and the leaving off of the habit which makes smoking so difficult to attack. And every boy might be taught the evils of it, the social side might claim him. What ground opium so firmly in China, was its social side; they gathered together in the one heated room to gossip over their pipes.

We use tobacco as the Chinese smoke opium. Tobacco not only prepares the way for physical disease of all kinds, but as long investigation has shown, it prepares the way for alcohol and drug taking. The relation of tobacco, especially in the form of cigarettes, with alcohol and opium is very close. In all investigations that have been made on the addition of persons to drugs, with very few exceptions, they have been preceded by tobacco. In a police work, we could always get a history of excess use of tobacco caused disease, disease led to the use of drugs to alleviate pain.

A boy always starts smoking before he starts drinking, because the action of tobacco makes it normal for him to feel the need of stimulation. He goes to this to soothe the unrest. He goes to morphine for the same reason.

The nervous condition due to excessive drinking is allayed by morphine, just as the nervous condition due to excessive smoking is allayed by alcohol. Cigarettes, drink, opium, is the logical and regular series. Most men who have ever used alcohol to excess, when restricted, will use tobacco to excess. This excess of tobacco produces a narcotic effect, which temporarily blunts the craving for alcohol.

There is a nervous condition produced alike by alcohol and tobacco, and the two habits keep each other going. It is not altogether by haphazard association that saloons, also sell cigars; they sell them for the same reason that they give away pretzels—to make a man buy more whiskey.

In order to assist in subduing the opium habit in China it was proposed that they use tobacco, and now the cigarette evil is more gigantic than the opium evil and twice as much money spent for it as for opium; he needs less opium when he uses cigarettes. If anyone thinks that China is the gainer by substituting the one drug habit for the other, he is mistaken. The opium smoker smokes in private with other smokers, and is hence not offensive to other people. He is not injuring non-smokers, or arousing the curiosity of boys, or polluting the atmosphere, or creating a craving in others.

Cigarette smoking is conceded to be the greatest vice devastating humanity today, because it is doing more than any other vice to deteriorate the race.

Conclusion. That a great many boys smoke, and that it is a great evil, and the responsibility must be laid; First, to the administrative authorities of our cities for not making effective such laws as cover the evil; Second, to the schools which fail to give a rational education to the children in their charge; third, and finally, the responsibility must be laid to our homes, as there lies the root of our cities for the evil. For if the home should insist upon carrying out the law, and assist that carrying out, the average dealer would think long before selling tobacco to boys. Then, too, if the home should insist upon it, the schools would take the matter up and discipline the boys, at the most impressionable time in their lives with the gravity of yielding to this harmful habit. And then, if the homes did their duty by their own children, smoking among boys would rapidly become a thing of the past. The hearthstone is the place, and the age is when the child is born, to begin to instill principles in them that you want to stay with them all their life.

ANNA RIES-FINLEY, M. D.

### HUSBAND ORDERED ARRESTED BY JUDGE

Salt Lake, July 4.—A bench warrant for Frank Kargas, who failed to appear in court yesterday as prosecuting witness against his wife, was issued by Justice Harry S. Harper. Mrs. Edith Kargas was charged with assault with a deadly weapon. Kargas claimed she attacked him with a butcher knife. When he failed to appear yesterday Mrs. Kargas was released on her own recognizance.

This man-ridden government of England is pretty busy these days keeping the suffragettes from killing themselves.—Hartford Times.

## Freckles

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